

SHOULDA PUT A DATE ON IT

BEYONCÉ'S ON-AGAIN, OFF-AGAIN RELATIONSHIP WITH HER NEW RECORD IS MAKING SOME OF US FEEL, WELL, FIERCE

Knights vs. **Colts: Game 2**

Follow London during their best-of-seven series against Barrie for the OHL's top prize — the Robertson

(Canada's) **London Calling**

Report encourages further use of the Canada's London marketing campaign which will ultimately be decided by city council PAGE 2

Tinkering with tomorrow

The federal government wants to tap 'private innovators' to turn their basement inventions into consumer products





Likely theft mars **Battle of the Atlantic tribute**

'Disgusting'.

Commemorative wreaths go missing ahead of ceremony



ANGELA MULLINS

It was a solemn discovery made during a solemn ceremony.

A handful of small wreaths turned up missing Sunday, moments before they were to be tossed into the Thames River to commemorate the Battle of the Atlantic.

When navy Lt. R.J. Wieczor left the wreaths - made from twigs and each adorned with a white daisy - on the river bank, they were in a box covered with plastic and taped

A London man was charged with theft in 2011 after police said he broke into the Canadian Corps Veterans Association in the east end and stole 10 boxes of poppies days before Remembrance Day.

shut. He returned about 20 minutes later to find the plastic ripped open and several wreaths gone, all adding up to a pretty "safe bet" they were taken by someone in the area, Wieczor said.

"The person may not have even known why they here," said Wieczor, a member of London's Royal Canadian Sea Cadet Corps Courageous.

Nevertheless, "it's disgust-

ing," he said. The disappearance had little impact on the ceremony, taking place several metres away on the grounds of the HMCS Prevost. In fact, it would have been hard to spot Wieczor and Sea Cadet Jason King tossing wreaths into the water after each of 24 bell tolls marking Royal Canadian Navy ships lost during World War II.

But each of the ships - and the lives they carried — were important, earning a spot in history and deserving a token of remembrance. King made sure none went unnoticed Sunday, picking what flowers he could to stand in for those that had been taken. "Dandelions," King said as he cradled small buds in his hands, showing Wieczor what he'd gathered. "The world's finest."



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NEWS

Methadone. Wharncliffe clinic back on council agenda

People can weigh in Tuesday on the site plan for a proposed methadone clinic at 425 Wharncliffe Rd. S.

A public-participation meeting on Ontario Addiction Treatment Centre's design for the property is slated for 4 p.m. at city hall.

It's the first time the clinic, which drew opposition from nearby residents, has been up for discussion since city council approved rezoning property to make way for the facility.

In a report headed to council's planning committee, city staff makes few qualms with what OATC is proposing.

The site plan meets a laundry list of requirements under city rules, including having enough parking for cars and bicycles along with an adequate waiting room.

Before the clinic opens, the company, among other things, plans to get rid of a drive-through lane on the property and tear down a shed behind the main building.

City staff also wants OATC to remove rocks built into landscaping along the building's front to discourage loitering.

The clinic would be the first to open since city council approved new rules governing the facilities.

Under the rules, clinics can't serve more than 200 clients a day and must be at least 300 metres from schools, libraries and public pools. Clinics are also required to have security plans and a physical layout that aims to deter crime. ANGELA MULLINS/METRO



Should we still push the 'Canada's London' brand?

Marketing. City subcommittee set to discuss if promo should be permanent



JOHN MATISZ

Should it stay or should it go? The Canada's London marketing campaign, launched during March's figure skating worlds, is back in the limelight this week.

A report — up for discussion when council's corporate services committee meets Tuesday — encourages further use of the brand. Officials are proposing the city, and its community partners, keep the same logo and direction mov-

City council has the ultimate say on the matter.

"We think we got some pretty good play out of it," London Economic Development Corp. president and CEO Peter White said. "We still see this as an important program to work with.

A survey conducted from March 11-17, the week of the 2013 World Figure Skating Championships, saw 746 people chime in on the Canada's London campaign. About 75 per cent of them hailed from London, with the rest being from out of town.

Overall, the brand was received," "positively committee report says.

On the flip side, the report notes a group of survey respondents raised "some concern" over logo colouring. There was also "some confusion" because people weren't entirely sure if the Canada's London brand was replacing the City of London's other

At a glance

Some results from the Canada's London marketing campaign:

- 39 million "impressions" from outdoor ads (bus shelters, billboards, etc.).
- 1.94 million "impressions"

from other ads (newspaper, online, etc.).

- 47.000 visits to CanadasLondon.com.
- 10 million people 'reached" via Facebook.

branding efforts or was a brand of its own.

If the report is accepted as is, the Canada's London campaign will be extended through CanadasLondon.com and social media. The report also calls for guidelines on how the logo might be used.

There will be no additional dollars invested from the city or its partners, according to the report.

When council first ap-

proved the campaign, it cost \$200,000.

The LEDC, Downtown London, Tourism London, Western University and a handful of other high-profile stakeholders in the city comprise the Canada's London partnership.

Its aim during the worlds was to communicate to visitors that London is a "vibrant, exciting, welcoming"

NCR? Man pleads guilty in attempted murder of boy; said he did it for country

A 24-year-old man has pleaded guilty to attempted murder in the September beating of a 12-year-old at London's Child and Parent Resource Institute.

Despite the plea, Greg Simard may still be deemed not criminally responsible (NCR) for his actions, depending on the court's ruling on his psychiatric assessments.

In interviews with a doctor and police, Simard, a Londoner who worked at CPRI, said his attack was directed at the government, the court heard.

"I killed a retard. It's no big deal," he told detectives. "I did it for my country. He was a drain on society."

One doctor said Simard was suffering from a "major psychiatric illness, a major psychotic illness," that was likely schizophrenia. He said Simard needed treatment at a facility. A second doctor, who assessed Simard on behalf of the Crown, said



he had an adjustment disorder and perhaps drug-induced psychosis. AM980/AM980.CA

Suicide. Police cleared in east-end death by Special Investigations Unit

London police have been cleared after the province's Special Investigations Unit looked into a fatal incident April 3 at 1775 Culver Dr.

Investigators ruled that 45-year-old London man found dead inside the townhouse committed suicide using "a homemade firing apparatus."

Police were called to the house early that morning, and the man barricaded himself in his room when officers arrived, according to the SIU.

The unit is an arm's length agency that investigates reports of death, serious injury or sexual allegations in incidents involving police. metro

metronews.ca
Monday, May 6, 2013

NEWS
03

In Toronto. Caterpillar closes another plant

Heavy-equipment giant Caterpillar Inc. says it is closing a tunnel-boring machine factory in Toronto by mid-2014, throwing 330 workers out of a job.

The move comes a little more than a year after a subsidiary of the U.S.-based company closed London's Electro-Motive Diesel plant. That move cost about 500 jobs and came after a month-long lockout prompted by a wage dispute.

Caterpillar took over the Toronto facility in 2008 when it bought Lovat Inc. and got into the tunnelling business. Now, the company says the plant is no longer a "strategic growth opportunity."

Employees at the plant recently worked on four boring machines being used to chew through ground for construction of the Eglinton-Scarborough Crosstown light rapid



transit line in Toronto.

The company says the 330 workers are being offered a severance package as well as assistance to help them find new jobs. It says the closure will not impact existing customer contracts, with parts and service support to be continued through 2016.

HE CANADIAN PRESS

Ewww. Bodily fluids left in taxis could net penalty

The city of Woodstock is looking into sending a bill to people who vomit or leave other bodily fluids in taxis.

Taxi companies in the southwestern Ontario city have been complaining about an increase in intoxicated passengers on Friday and Saturday nights.

A taxi industry representative recently told council that vomit and other body fluids must be dealt with as a biohazard and the affected cab must be taken off the road until it is professionally

You spray, you pay?

\$120

Proposed charge to people who leave bodily fluids in Woodstock taxis.

cleaned.

The city plans to consult with its solicitor, police and bylaw enforcement officials before coming up with a report on how to deal with the issue

THE CANADIAN PRESS

North London

Police search home, lay charges in child-pornography investigation

A 30-year-old man is facing a handful of childpornography charges after police searched a north London home.

Eli Portillo is charged with four counts of distributing, two counts of possessing and one count each of making and accessing child pornography.

The search warrant that led to the charges was served at a Grenfell Drive home, police said.

Non-profit

Nearly \$30K raised for My Sisters' Place

The recent Wine, Women and Shopping fundraiser netted \$28,368 for My Sisters' Place.

A portion of the proceeds came from bracelets made by women in the micro-enterprise program started by My Sisters' Place, a non-profit that helps women facing homelessness because of addictions and other challenges.

Since it started six years ago, Wine, Women and Shopping has raised more than \$100,000 for the agency. More than 500 women attended this year's event. METRO



Oakridge arena targeted for repairs

Lowe's reno is a go.

London rec centre to benefit from program aimed at fixing rinks across the country



Youth hockey games are about to get a little more exciting for the Oakridge neighbourhood.

The northwest London recreation centre has been

selected for the Lowe's Community Rink Reno program, meaning a ton of upgrades are headed the arena's way.

The program will see the city and Lowe's team up for about \$100,000 worth of repairs at the facility. Work to be done includes indoor painting, new seating and enhanced locker rooms.

"It's making the inside match the beauty of the outside," said Brandy Paltrinieri, who's with the Oakridge Aeros Minor Hockey Association. "It's bringing it up a notch for us."

It's the first time a London facility has been tapped for

How to help

- Volunteers are needed to help kick off the rink renovation planned at Oakridge arena.
- Visit rinkreno.lowescanada.ca/volunteer.php for details.

the Lowe's program. Started three years ago, the program aims to rebuild Canada's minor-hockey infrastructure by helping with renovations at two community rinks each year The other rink pegged for upgrades this time around is in Windsor.

Along with Oakridge, the city pitched the Glen Cairn and Silverwood arenas as possible picks for the program this year.

Oakridge won out, partially because it's so ingrained in the community, a Rink Reno official said. About 800 youths along with 200 volunteers participate in the Oakridge Aeros Minor Hockey Association, one of the recreation centre's main users.

Work is slated to begin May 25 with an unveiling set for Sept. 28.

Warm weather marks return of outdoor markets

Local crops have finally sprung and outdoor farmers' markets are throwing open the doors to fresh produce.

The Covent Garden Farmers' Market opened for the season Saturday and the Masonville Farmers' Market will greet the masses Friday at Fanshawe Park Road and Richmond Street.

Compared to last year's late frost that killed local fruit blossoms, this year is looking good, said Christine Sheer, manager of the Cov-

ent Garden Market Farmers' Market.

Local asparagus, though, is still a week behind, she noted.

Sheer is offering up a few new additions this year, including a table featuring a different local crafter each Saturday. On the first market day of each month, people can bring kitchen knives for sharpening by a professional.

The market's food-bank program will make a return this year, Sheer said, allowing

If you go

- The Covent Garden Farmers' Market is open from 8 a.m. to 1 p.m. Thursday and Saturday.
- The Masonville Farmers' Market is next to Hakim Optical (1690 Richmond St. N.)

patrons and growers to make donations to the charity on

site.

And, as always, the market is holding true to its "local" branding.

"Everybody that sells at our market has to grow it, bake it, raise it or make it (themselves)," Sheer said.

Along with fresh produce, the Masonville Farmers' Market is expected to feature local artisans and crafters again

More than 40 farms are expected to be on hand for the opening. DAVE DE VRIES/FOR METRO

metronews.ca Monday, May 6, 2013

Knights even OHL final thanks to strong 2nd period

Evening the score.

Three second-period goals guide Knights to 4-1 win, 1-1 series tie



They needed just one shift.

The trio of Bo Horvat, Seth Griffith and Tyler Ferry scored twice in a 57-second span to vault the London Knights to a 4-1 Game 2 win over the Barrie Colts on Sunday.

The inspired second period shift provided London with all the offence necessary to tie the Ontario Hockey League championship series, 1-1, in front of 8,985 at Budweiser Gardens.

"I knew Griff was driving the net, so I just tried to get it there for a rebound. I got kind of lucky and it went in," said Horvat, describing his unassisted highlight-reel gamewinner, which was scored from his rear-end after getting hauled down on a rush.

With a two-goal cushion 21 minutes into the game, the Knights took a strong grip on the momentum and never let go. Horvat and company fired a total of 45 shots at Colts netminder Mathias Niederberger, including a whopping 24 in the second alone.

"The period just turned terrible for us," Colts head coach Dale Hawerchuk said. "It was surprising, especially after we played so well in the first."

The Knights have been a nearly unstoppable force in the second period this post-season, getting outscored only twice in 16 games.

Interestingly, the most damage inflicted onto the



Barrie Colts defenceman Michael Webster attempts a wrap-around against London Knights captain Scott Harrington and goalie Anthony Stolarz, Sunday, during Game 2 of the OHL final at Budweiser Gardens. 10HN MATISZ/METRO

Colts in Game 2 may be a lastminute hit. Forward Anthony Camara, already given a fiveminute major and game misconduct for a late run at Max Domi, could face supplemental discipline from the OHL.

"It was a hit that he wishes he could take back," London bench boss Dale Hunter said. "I watched the replay on it, and he left his feet and he hit the head."

Knights goalie Anthony

Stolarz bounced back from a poor Game 1 performance — he ended up with a .889 save percentage Friday — by stopping 22 of 23 two days later.

Assistant captain Griffith finished with a pair, while Brett Welychka added the other Knights goal.

The best-of-seven series now shifts to Barrie, with Games 3 and 4 going Monday and Wednesday at the Molson



He's back

Josh Anderson returns to Knights lineup:

- Hurt in Game 4 of the Western Conference final, Anderson was back in action Sunday.
- The Knights had called the ailment a "lower-

body injury."

In his return, the Burlington product was assessed a two-minute minor. Otherwise, he was left off the score-

'When I got hit, I was so dazed'

Brett Welychka's head was spinning.

On March 26, Saginaw Spirit forward Terry Trafford delivered a check to the hard-working London Knights winger's noggin.

"When I got hit, I was so dazed," Welychka said earlier in the day before scoring his first goal of the playoffs Sunday. "I didn't even remember getting hit. I had to watch the video."

The 19-year-old Londoner didn't return to the lineup until Game 5 of the next series, London's clinching victory over the Kitchener Rangers, but hasn't missed a shift since.

Over that 17-day layoff, Welychka battled constant headaches, which would peak at the same time of each day. He was sensitive to light, subjected to sitting in the dark in the early stages of the recovery process.

Players like Welychka don't show up on the scoresheet often — he has one point in 10 games — instead contributing elsewhere by cycling the puck and backchecking effectively.

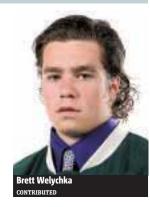
"I think I'm slowly, gradually, getting back into it," said the five-foot-ten 189-pounder, who feels his best performance to date came in the OHL final opener on Friday.

Two seasons into his OHL career, the St. Thomas Aquinas high school grad is still

taken aback by the crowds that pack Budweiser Gardens each night. Welychka says the robust hometown atmosphere is something to cherish, especially now.

"Every game, I just stop and realize it's something special," he said. "You can't take it for granted."

JOHN MATISZ/METRO



metronews.ca
Monday, May 6, 2013

NEWS

05

Syrian rebels enter air base

Regional involvement.

Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Center says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah

militant group, officials and activists said

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-government forces.

Rebels have been trying to capture Mannagh air base for months but weare only able to take small parts of it.

The Observatory also reported heavy fighting inside the contested town of Qusair near the Lebanese border. Troops captured several villages and towns surrounding Qusair in the past month.

The Syrian conflict has killed more than 70,000 people according to the UN.

THE ASSOCIATED PRESS

The enemy of my enemy.

Arab leaders' dilemma

Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad, even indirectly, is knocked by Arab leaders.

None want to be perceived as OK'ing Israeli attacks. The Arab League chief warned of serious repercussions and called on the UN Security Council to move to stop the Israeli aggressions. Egyptian President Mohammed Morsi called the airstrikes a violation of international law, warning they complicate Syria's civil war.

THE ASSOCIATED PRESS



Bangladesh in mourning

A woman is held as she grieves after identifying the body of her daughter, a victim of the garment factory collapse, Sunday, in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built garment-factory building in Bangladesh continued its horrifying climb, reaching 622 on Sunday with little sign of what the final number will be. The disaster is likely the worst garment-factory accident ever, and there have been few industrial accidents of any kind with a higher death toll.

WONG MAYE-E/THE ASSOCIATED PRESS

Bachelorette party

Five women killed in Cal. limo blaze

A stretch limousine taking nine women to a bachelorette party erupted in flames, killing five of the passengers, including the bride-to-be, authorities and the mother of one of the survivors said Sunday.

The limo was carrying the women and its driver when it caught fire Saturday on one of the busiest bridges on San Francisco

Five of the women were trapped, but the four other women managed to get out after the vehicle came to a stop on the San Mateo-Hayward Bridge, the patrol said. The driver of the limo—46-year-old Orville Brown of San Jose—was the only person to escape unhurt.

Rosita Guardiano told the San Francisco Chronicle that the woman for whom the bachelorette party was being thrown was to be married next month. Guardiano said her daughter was one of the survivors.

Investigators haven't determined what sparked the fire

THE ASSOCIATED PRESS

Rec league. Soccer referee dies after player's punch

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated following an assault, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yellow card.

"The suspect was close to Portillo and punched him once in the face as a result of the call," spokesman Justin Hoyal said in a press release.

The teen has been booked into juvenile detention on suspicion of aggravated asault. Hoyal said authorities will consider additional charges since Portillo has died.

Hoyal said an autopsy is planned. No cause of death was released.

Portillo suffered swelling in his brain and had been listed in critical condition, Dr. Shawn Smith said Thursday at the Intermountain Medical

Quoted

"It was his passion"

Ricardo Portillo's daughter Johanna

The victim's family, which publicly spoke of Portillo's plight this past week, has asked for privacy, Hoyal said.

Accounts from a police report, Portillo's daughter and others further detail what occurred.

The teen was playing goalie when Portillo issued him a yellow card for pushing an opposing forward. The teenager, quite a bit heavier than Portillo, began arguing, then punched him in the face. Portillo seemed fine at first, then asked to be held because he felt dizzy. He sat down and started vomiting blood, triggering his friend to call an ambulance.

Portillo's family said he had been attacked before, and Johanna Portillo said she and her sisters begged their father to stop refereeing because of the risk from angry players, but he continued because he loved soccer.

THE ASSOCIATED PRESS

Seeking: Tall, dark and incarcerated

Bachelor No. 1 boasts about his "bad-boy body and sweet-guy attitude" and Bachelor No. 2 wants a woman to join him as he closes a dark chapter from his past.

Not only do these men share a quest for love, they have something else in common: they're all in prison for murder.

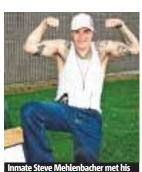
The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchnaking website with a twist: It hooks up people on the inside with those on the outside.

The federal prisoners, many behind bars for violent offences like attempted murder, sexual assault and first-degree murder, have written blurbs highlighting their personal qualities — and, in some cases, their crimes.

Which leads us to Bachelor No. 3.

He claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four-and-a-half hours.

"Not something I am really proud of," Alex Nikoloski writes



irlfriend online while serving his

ourth federal sentence. CANADIAN

INMATES CONNECT/THE CANADIAN PRESS

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some 40 convict profiles, has even churned out a few lockup love stories.

The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after seeing similar ones in the U.S. Melissa

says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves and a \$35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for introducing her to a convicted bank robber she hopes to marry one day.

"We get really deep and personal in our letters about our pasts and just stuff like that, so we're able to open up to one another," said Young.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz. B.C.

They have never met in person, but they exchange letters regularly and have daily chats on the phone. THE CANADIAN PRESS

metronews.ca Monday, May 6, 2013 metr⊕ **BUSINESS**

Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada has found that almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the last three

Recent research in the United States and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent



ed to boards, a home ıfacturers. Now, the federal o

pool that consumer-products firms need to harness to find fresh profits.

Canada paid Industry \$80,000 to a survey firm, Ekos Research Associates Inc., to determine how many Canadians were themselves making the products of tomorrow in their workshops. The department has said the Ekos survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems. THE CANADIAN PRESS



Protesters take aim at Hollande

A man holds a banner that reads "For a 6th republic" in Paris on Sunday during a rally to protest against austerity measures announced by the French government. Tens of thousands of supporters of leftist parties marched through central Paris to express disappointment with President François Hollande's first year in power, criticizing the leader for reneging on his promises to rein in the world of finance and enact economic stimulus, Michel Spingler/The Associated Press

Media concentration

CRTC will take another look at **Bell-Astral deal**

Bell is heading to the CRTC for a second time in hopes that its plan to sell off the majority of Astral Media's TV channels will be enough to appease the regulator's worries its takeover of the media company would not be good for Canadians.

A new round of public hearings on Bell's revised plan to buy Astral starts Monday after the Canadian Radio-television and Telecommunications Commission killed the plan last fall, citing concerns it would restrict choice and raise prices for

THE CANADIAN PRESS

Boston bombings

Online charity drives more risky. groups warn

At least two online campaigns aimed to help David Henneberry buy a new boat after his was shot up while a Boston Marathon bombing suspect hid inside. And a handful of drives have cropped up to help the family of Martin Richard, the eight-year-old killed in the attack.

The sites have raised tens of thousands of dollars, while campaigns on similar "crowdfunding" sites have raised millions combined for other victims. But charity watchdog groups warn not all giving opportunities are equal, with online drives more prone to confusion, scams or misuse of money.

THE ASSOCIATED PRESS

Online auction. Apollo 11 memorabilia up for sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR Auction will take bids on the EKG, which registered a normal heartbeat, during an online auction from May 16 through May 23. Other artifacts up for sale include the joystick controller

Neil Armstrong took his "giant step for mankind" on July 20, 1969. Buzz Aldrin later joined him on the moon's surface.

drin and Michael Collins in the Apollo 11 command module.

operated by astronauts Buzz Al-

THE ASSOCIATED PRESS

Canuck e-retailers falling behind **U.S.** counterparts, report warns

Canadian retailers who have delayed launching a robust ecommerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.-based Forrester Research, funded in part by Canada Post and Shop. ca, is based on surveys with 1,103 Canadian online shoppers and concludes that U.S. e-

"Canadian retailers should be shaking in their boots."

Forrester Research report

tailers are becoming better positioned to steal web revenues from homegrown companies.

"In the eyes of the consumer, the downsides of buying from a

U.S.-based retailer rather than a domestic Canadian retailer are diminishing. Canadian retailers should be shaking in their boots," states the report.

'Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

THE CANADIAN PRESS





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VOICES

WOMEN HONOURED FOR EFFORTS

They come from varied backgrounds — health and education, arts and culture, and sports and recreation, to name a few.

They've established foundations, earned awards for their volunteer and philanthropic work and, overall, made their community a betterplace to live.

On Tuesday, they'll receive one of the greatest honours doled out to people making a difference in the London area.

Erin Rankin-Nash, Emma Donoghue, Thérèse Quigley, Mary Lou Smoke, Jill Wilcox, Dr. Cindy Mary-Lynn Hutnik, Jaclyn Miles and Helen Spriet have all been tapped as women of excellence by the YMCA of Western Ontario.

"They're all rather unique, and they all have their particular strengths," said Donna Bourne, co-chair of the biennial Women of Excellence gala. "They're women who have gone above and beyond and been strong contributors in the com-



Todd Devlin london@metronews.ca

Common to each of the women is a desire to give back. It's fitting, then, that proceeds from the gala will go towards the YMCA's Strong Kids Program, which ensures access to programs and services regardless of a person's ability to pay.

Event organizers are hopeful they'll surpass the \$130,000 raised at the event two years ago.

These women of excellence are also passionate about developing the next generation of leaders in the community. To that end, the event features a young women's mentorship program.

A group of 100 high school students will take part in an afternoon mentoring session, where they'll learn about post-secondary school life via the experiences of 20 young women from Western University and Fanshawe College.

Then, they'll attend the gala, free of charge, and meet the award recipients.

Kimberly Buckley, co-chair of the young women's mentorship program, says it will be a fantastic opportunity for keen young

minds to hear from such accomplished women.

"By the end of the night, it's our hope that both the high school students and the mentors will have been introduced to new ideas and walk away from the evening with a new perspective," she said. "Many of the young women may not have ever attended an event of this size before, but the mentors will make sure they're having a good time and that they're comfortable."

The mentors met for a tea party last month to prepare for their roles. They are women with backgrounds in engineering, arts, business and health sciences, and they're focused on making sure the students get the most out of the event.

Buckley attended Women of Excellence galas with her mother when she was growing up. When the Londoner heard about the young women's mentorship program, she jumped at the opportunity. Now, she's running things.

"It means a lot to me to be able to organize a program that benefits so many young women," Buckley said. "I remember what it was like

in high school. Often, you're not Follow Todd Devlin on Twitter @UrbanCompassLdr



ZOOM

Round 1 ... and fight!



Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion, right, during the traditional annual Combats de Reines (Combat of the Queens) a cow fight in Aproz, western Alpine canton of Valais, Switzerland, on

Valais is home to a unique

breed of cows, the Herens, also called Eringer cows. The female cattle are very robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly. THE ASSOCIATED PRESS

It's an uphill battle

The cows' ritual happens every spring naturally as the cows make their annual climb to high mountain pastures.

The cows choose an opponent to lock horns with, and the fight ends when

the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned 'the queen.'

The queen becomes the leader, who guides the drove up the mountains

thinking ahead."



ANDREW FIFIELD

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommends instead.

Good Reads:

An all-purpose book lover's social net-work with author interviews, reviews book swaps. But the lists are where the magic happens - compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering of endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Good Reads, with a similarly robust stable of lists and tag clouds. However,

Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better (shelfari.com)

What Should I Read Next:

All this talk of social networking and personal reviews sounds like too much effort? This is about as simple as it gets. If The Hunger Games led you to The Maze Runner and you're wondering where to go next, plug those titles into WSIRN's search engine and voila. (whatshouldireadnext.com)

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of

underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter. Rahmeh Abdul-Jabbar, Toronto

VE WANT TO HEAR FROM YOU: Send us your comments: londonletters@metronews.ca



Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE CASTILLO

Is it out? Is it coming? Why hasn't Beyoncé's album

dropped? Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or previewed were not on the list.

Beyoncé releases Bow Beyoncé has been dropping hints for a while, but she hasn't dropped an album. GETTY IMAGES

Down/I Been On on her web-

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs that were released — Nuclear and Bow Down — were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album,' a source told the website.

new album is called Mrs. Carter (but reports on later dates say the album is yet-to-

Producer The Dream says Bey has a "very sexual" track called IV Play.

ARCH 28 "She's talking about her Rolling Stone reports the man, hopefully," he said

about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album?

Steve Carell answers a fan question at The Office Wrap Party at PNC Field. JASON FARMER/THE ASSOCIATED PRESS

The Office. 10,000 fans show up to meet stars at Wrap Party event

The actors who play Pam, Jim, Dwight and other beloved characters from the popular NBC show The Office bade farewell on Saturday to the northeastern Pennsylvania city of Scranton that served as the TV setting for their fictional paper company.

The NBC mockumentary about a clan of quirky cubicle-dwellers wraps up May 16 after nine seasons, and a crowd estimated at 10,000 attended a Wrap Party in Scranton to show their appre-

Jenna Fischer, John Krasinski, Rainn Wilson and other stars rode in classic convertibles and posed for hundreds of photos as fans thronged around them. The stars later took the stage in front of the Lackawanna County Courthouse and played a concert with The Scrantones.

Steve Carell, who played office boss buffoon Michael Scott, wasn't expected to make an appearance but surprised fans at a celebration

later outside the city at PNC Field, home of the New York Yankees' Triple A affiliate, The Scranton Times-Tribune reported.

On stage Saturday, Wilson paid fans the ultimate backhanded compliment — befitting his character, Dwight Schrute, a paper salesman utterly lacking in social graces.

"The Office fans are the greatest fans in the world!" he said. "Next to Seahawks fans." THE ASSOCIATED PRESS

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!" Use an "it's time to..." statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it

ANDREA MAIR OF YUMMYMUMMYCLUB.CA

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

When you've moved beyond diapers to toilet

training, don't throw out that diaper disposal unit. Put it in your kitchen and use it as a dedicated organics disposal! It's smell proof, self-contained, and foot-pedal operated. What more could you want?

KAT INOKAI OF YUMMYMUMMYCLUB.CA

Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M GREEN

ummyMummyClub.ca

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do so. Until then, we try to impart our Christian values in a loose, fairy



tale way. While it may be naive of me to think you can cherry pick parts of a given religion and discard is truly the right move.

those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't

belong to a religion, you are adrift. You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education.

If we don't teach him, how will he know what he's missing?

Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah,



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metr⊕

South Meets West: Fried chicken with an Asian twist



The U.S. South's love affair with fried chicken is being challenged by an unlikely influence: The North. Southern food has always been a confluence it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.

2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a papertowel-lined plate and set aside. 3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and evaporated, about 2 minutes.

and simmer until it is cooked through, about 30 minutes. 5. Add mushrooms and sim-

mer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. THE ASSOCIATED PRESS

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder • 4 bone-in, skin-on chicken thiahs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
- 15 ml (1 thsp) minced garlic • 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock

Healthy eating

Choose it and lose it



Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the



Gourmet Cupcake With Icing

1125 cal/ 61 g fat/ 117 g sugar Next time vou're ready to inhale that cupcake, remember you're consuming close to your daily

calories, fat and three days' worth of sugar!

Equivalent

One gourmet cupcake with icing is equivalent in calories to two cans of whipped cream.



4 French Macaroons



These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo







You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

YLVA VAN BUUREN

CareerBear.cor

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your



goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that

they're trying to fill.

"You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are four common roles and some examples of their transferable skills:

Full-time parent/ homemaker:

"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace - project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer

have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the pro-

Administrative assistant

Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative

"Working with the public can be incredibly challenging because you're often on the re-

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

ceiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

 Write down skills that contributed to past accomplishments (for example, leadership skills on your basketball team, planning skills for organizing an event).

 Write down skills you've been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).







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metronews.ca Monday, May 6, 2013

NHL playoffs

Zucker lifts Wild to OT win over Hawks

Jason Zucker scored at 2:15 of overtime to give Minnesota a 3-2 victory over the Chicago Blackhawks on Sunday, pulling the Wild within 2-1 in the Western Conference quarter-final series.

Zach Parise scored for the Wild early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation to force the second overtime in three games of this best-of-seven series. Pierre-Marc Bouchard also scored for the Wild, while Johnny Oduya tallied Chicago's other goal.

World championship

Swiss expose holes in Canada's game

Lindy Ruff was left wishing for selfishness from his talented Canadian forwards Sunday at the IIHF World Hockey Championship.

Too much passing and not enough getting the puck on net in regulation were the root causes of a 3-2 shootout loss to Switzerland.

Canada passed the puck around for 34 seconds with an extra attacker and never got a shot away during a delayed penalty early in the second period. Switzerland intercepted a pass to kill the play. That was a snapshot of Canada's loss.

The Canadians mustered just three shots on Martin Gerber in the first period and 21 during regulation. The former NHL goaltender stopped Matt Duchene for the win after Reto Suri scored his second of the shootout on Canada's Mike Smith. THE CANADIAN PRESS



The Pittsburgh Penguins celebrate Chris Kunitz' overtime goal against goalie Evgeni Nabokov and the New York Islanders in Game 3 of their Eastern Conference quarter-final series on Sunday in Uniondale, N.Y. The Penguins won 5-4. BRUCE BENNETT/GETTY IMAGES

Pens' power play punishes Islanders

NHL playoffs.

Pittsburgh capitalizes on man-advantage; Kunitz scores winning goal in overtime

The Pittsburgh Penguins bounced back from their home disappointment and dished out their fair share to the suddenly shocked New York Islanders.

All it took was Sidney Crosby and a very powerful power play to do the trick.

Chris Kunitz scored his second man-advantage goal of



the game 8:44 into overtime, off the third assist of the day by Crosby, and the Penguins rode a slew of ups and downs Sunday en route to a 5-4 victory over the Islanders that gave top-seeded Pittsburgh a 2-1 lead in the first-round playoff series.

The Islanders came in still enjoying the positive effects of their 4-3 comeback win on Friday in Pittsburgh that gave them a surprising split of the first two games of the Eastern Conference series.

Game 4 is Tuesday on Long Island.

Crosby, playing his second game after missing a month because of a broken jaw, drew the decisive penalty against Brian Strait, who held the Penguins captain as he drove the net 33 seconds before the winning goal.

"He kind of wrapped me up," Crosby said. "I pulled up looking for someone. I didn't see anyone so I thought I would take it to the net.

"We were hoping we could get it done quickly."

The Penguins went 3-for-5 on the power play and yielded Kyle Okposo's short-handed goal, but held New York scoreless on its three advantages.

"We had our chances. They scored on the power plays and we didn't," said Islanders coach Jack Capuano, who declined to comment on the officiating. "You always talk about special teams being a big factor, and that was the difference."

THE ASSOCIATED PRESS

Jays cook up winning recipe in rout of M's



Melky Cabrera hits a solo home run for the Blue Jays in their game against the Mariners in Toronto on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

After a string of deflating losses, everything finally went right for the Toronto Blue Jays on Sunday at Rogers Centre.

Mark DeRosa belted a threerun homer and Melky Cabrera added a solo shot as Toronto crushed the Seattle Mariners 10-2 to end a four-game losing skid. The Blue Jays had a season-high 15 hits and Brandon Morrow turned in a solid eight-inning performance for his first win of the season.

"That's a pretty good recipe today for winning," said

manager John Gibbons. "Great pitching and we made a lot of things happen offensively, we got a lot of hits.

"It was a good game. We've been waiting for that one."

DeRosa, Cabrera and Maicer Izturis had three hits apiece for the 11-21 Blue Jays, who avoided the three-game sweep. Joe Saunders absorbed the loss as Seattle (15-18) had its three-game winning streak come to an end.

It was a rare offensive outburst from the Blue Jays, who had struggled at the plate throughout the 2-4 homestand.

"We were desperate for that, we needed something like that," Gibbons said of the victory. "It's not like we're just waiting to get on a roll. We needed a win and they were hard to come by.

"Hopefully that spurs something ... we'll see."

Morrow (1-2) allowed just three hits in what was the longest start by a Toronto pitcher this season. THE CANADIAN PRESS





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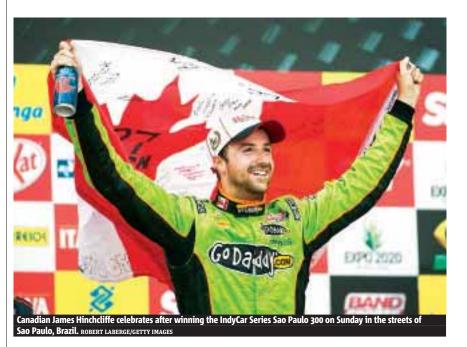
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Hinchcliffe takes Sao Paulo on final turn

IndyCar Sao Paulo 300.

Canadian racer earns 2nd career victory in tight finish

James Hinchcliffe overtook Takuma Sato of Japan on the last turn to win IndyCar's Sao Paulo 300 for his second career victory on Sunday.

The Canadian moved from third to second with three laps to go and moved inside Sato to take the lead just a few metres from the finish line at the Anhembi street track.

Sato, coming off his first

career victory two weeks ago in Long Beach, drove in too hard for the hairpin at the end of the long back straight and gave space for Hinchcliffe to get past.

"To win a race on the last

corner of the last lap is one of the coolest feelings," Hinch-cliffe said. "To make a lastcorner pass, that's something I'll remember for a long time. Takuma was making that race car really wide and he was defending the inside pretty well. He just outbroke himself just a little bit and I was able to do a high-low (pass) and got the

Sato had successfully de-

Despite losing the race, Sato leaves Brazil with the lead in the drivers' standings. American Marco Andretti, who finished third, moved to second.

fended the lead from Hinchcliffe on two other occasions during the final laps but couldn't hang on at the end with older tires.

"I think I tried everything I could to defend," Sato said.

THE ASSOCIATED PRESS

NBA playoffs

Durant, OKC stare down Grizzlies in Game 1

Kevin Durant scored 35 points and hit a pair of jumpers in the final minute to lift the Oklahoma City Thunder to a 93-91 victory over the Memphis Grizzlies on Sunday in Game 1 of the Western Conference semifinals.

Derek Fisher poked the ball away from Mike Conley to spring Durant the other way, and he pulled up to make a shot with 11.1 seconds left that put Oklahoma City up 91-90. THE ASSOCIATED PRESS

NHL playoffs. Leafs can't let up at home in Game 3

The first-game jitters are gone. Their top players are scoring. And the Toronto Maple Leafs are home for the next two games. Everything seems to be going their way.

But everything seemed to be going the Boston Bruins' way after a dominant 4-1 win in their playoff opener. Then the Maple Leafs took control with a hard-hitting first period and a 4-2 victory in Game 2.

So all the cheering on Monday night in the first playoff game in Toronto since 2004 won't help if the Bruins bounce back the way the Maple Leafs

The win that evened the



"We have to stay focused on what we can control and we

have to prepare ourselves to play a better Boston hockey club."

Leafs coach Randy Carlyle

best-of-seven series came exactly nine years after the last postseason game in Toronto.

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

8. Montreal morning

9. Like some bagels,

11. Smashing Pump-

12. Full amount, for

14. Skipping __

25. Alan Thicke's

21. Defective

Dr. Jason

27. "This is _

exclamation)

wee-ly

quantity

40. Pouch

Dublin-set novel

32. Sentinels 34. Danny of "Do the

(Dessert-getter's

28. The __ (Canuck

band for Deedee,

Rooney and Moe)

30. Weekend day,

Right Thing" (1989)

36. Mouthwash usage

kins co-founder, James

22. Steam, for example

"Growing Pains" role,

26. Shower sealant

-topped 10. __ & Stewart

short

T Aries

March 21 - April 20

You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

Taurus April 21 - May 21

It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

II Gemini May 22 - June 21

You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

Cancer

June 22 - July 23

If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

W Virgo

Aug. 24 - Sept. 23

What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

△ Libra

Sept. 24 - Oct. 23

Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

M Scorpio Oct. 24 - Nov. 22

The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

₹ Sagittarius Nov. 23 - Dec. 21

You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say - they know something you should know too.

り Capricorn Dec. 22 - Jan. 20

There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

≫ Aquarius Jan. 21 - Feb. 19

What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

H Pisces Feb. 20 - March 20

You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Suffix with 'Hip' 5. Mr. van Koeverden, Can-
- adian kayaker/Olympian
- 9. Lovestruck, olde-style 13. Being less diluted
- 15. Single-named Canadian
- songstress
- & The Bunnymen
- 16. _ & The burnyme.

 17. "Give _ _ _." (Try)

 18. " _ _ you can't guess!"

 19. Jazz singing style 20. Canadian nual event of Spring in the
- capital region)
- 24. They're called in roll call
- 26. 'Motor' suffix
- 31. Point __ (Canada mainland's most southerly tip)
- 33. Unkeyed, in music

- 38. Tail: Prefix
- 39. "__ magic!"
- 41. Sigma's alphabetic

- -_ (Clark Kent, originally, on
- 52. PMs and Prezzes
- 53. Narrates
- 55. Mr. Povich of TV talk
- 57. #10-Down, Canadian
- 62. Not-well-received movie

33

38

43

48

- 23. Intended
- 29. Purposes

- 35. Fashion designer,
- Rabanne 37. Bon Jovi song: "__ Your
- Hands on Me"

- follower
- 42. "5th . Girl" (1939) starring Ginger Rogers
- 43. Guided
- 44. Young hawks
- 46. Plants trimmer
- planet Krypton)
- 50. Capri pants, __-length

- 64. 'Million' suffix
- 65. "That's _ __ thing!" (Definite 66. Make clicking noises on the thing!" (Definitely)
- keyboard 67. Shade of blue ...or green
- 68. MLB Commissioner, Bud
- 69. Legis. meeting
- 70. 'Gen' add-on (Old Testament beginning)
- 71. Stuff-on-the-beach

- 1. After gargling, what the dentist
- 2. Anti-apartheid activist, Desmond
- 4. Regulated routine
- 5. Extraterrestrials

- 3. 'Gen' add-on
- 6. Modern music genre
- 7. Assist in wrongdoing

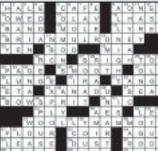
45. Warrior of Japan 47. James Joyce's

42

- 49. Gets married quick-style
- 51. Snipped-off-of-clothes things

58. Blueberry, and others

- 54. 'Cheap' completer 56. Small estuaries
- 59. -hoop
- 60. Daughter on "The Waltons" 61. Officially mailed letter, for short
- 62. Mil. posts
- 63. Caustic stuff



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	4	7	9	3	0	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
8	9	5	3	2	1	8	4	.7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
Ø	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	8	7	2	3	1	8

1			6			3
7	6		1		9	4
00 77	3	9		5	6	
6						9
		1		6		
2						5
	9	3		1	4	
5	4		9		7	8
5			8			6

Today

22 / 11 Sunny

Tuesday

Partly cloudy

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